

2BeefStew10

Number of Servings: 10 (252.36 g per serving)

Amount	Measure	Ingredient
2.00	lb	Beef, stew meat, lean, ckd
2 3/4	cup	Water, municipal
1 1/8	tsp	Salt, table, iodized
1/4	tsp	Spice, bay, leaves, ground
1 1/8	tsp	Base, beef, rstd, low sod, 0344, FS
1/4	tsp	Spice, pepper, black
7.00	tsp	Sauce, worcestershire, low sod
2 1/4	cup	Potatoes, peeled, ckd, diced
2 1/4	cup	Carrots, fzn, slices
9 1/2	Tbs	Onion, white, fresh, chpd
9 1/2	Tbs	Celery, fresh, diced
9 1/2	Tbs	Flour, all purpose, white, bleached, enrich
2/3	cup	Water, municipal
8.00	oz	Peas, green, fzn

Nutrients per serving

Nutrition Facts	
Serving Size 1 c (252g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 21g	
Vitamin A 70%	Vitamin C 15%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Brown beef in kettle or oven.

Add first measure of water and seasonings to meat.

Cover and simmer until tender, about 2 hours. Add more water if necessary.

Cook vegetables until tender in small amount of water..

Mix flour and water until smooth. Stir into meat and cook until thickened.

Add vegetables and bring to 180 degrees F.

Serve 1-1 1/8 c. portion with 8 oz ladle. 1 portion = ~ 2 1/2 oz EP meat and 3/4 c (1 1/2 serv) vegetables.

21 g CH0 = 1 1/2 Carb servings

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

IF WHOLE BAY LEAVES ARE USED BE SURE THEY ARE REMOVED BEFORE SERVING TO PREVENT CHOKING POTENTIAL.